



THE AGAWAM NEWS INC.

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ST. ANTHONY CRUSADERS REMAIN UNBEATEN

The St. Anthony Crusaders defeated their nearest rivals the Sacred Heart Saints 4-1 to remain undefeated and clinch a tie for the American Division title with a 10-0 record. The Sacred Heart Shamrocks are in first place in the National Division with a 8-2 record going in to the last week of the regular league schedule.

President James De Vecchi announced plans for the play-offs. The first and second place teams in each division will play each other and the winners will play for the Fr. Keefe Trophy on Sunday, July 28th. The site of the game will be announced later. The Standings: American Division; Crusaders - Won 10, Lost 0, Saints - Won 7, Lost 4, Angels - Won 2, Lost 7, Tied 1, Legionnaires - Won 1, Lost 10. National Division; Shamrocks - Won 8, Lost 2, Leprechauns - Won 7, Lost 5, Knights - Won 5, Lost 6, Tied 1, Thunderbirds - Won 2, Lost 8.

UNICO BARBEQUE SUNDAY

The Agawam Chapter of Unico National will hold their 6th annual chicken barbecue this Sunday from 1-5 at St. John's Field on Leonard Street, Agawam.

General Chairman, Chester J. Nicora, Jr., and Co-chairman, Sal Scibelli, announced all is ready for Sunday's family style dinner. Barbecued chicken, sweet corn, guaranteed fresh by "Corn King" Christopher, potato salad, coffee and drinks, plus numerous door prizes will be the feature of the day.

All foods will be prepared and served by members of the Agawam Chapter Unico. All funds derived from this barbecue will go to the scholarship fund sponsored by Agawam Unicans.

Agawam Chapter President, Gus Bartolucci, General Chairman, Chester J. Nicora, Jr., and the entire membership of Agawam Chapter Unico cordially invites you and your family to attend this barbecue on Sunday.

Tickets are available from any member of Unico or at the barbecue. Continuous servings will be from 1-5 P.M.

SCHOOL BANDS CONCERT FOR PUBLIC

A "CONCERT IN THE ROUND" will be presented by 76 Elementary school musicians enrolled in the two bands - Beginner and Advanced - on Tuesday evening, July 30th, at 6:30 P.M. in the grassy circle in front of the Agawam High School. A special invitation is given to all Parents, friends, and townspeople who would enjoy an informal evening of light popular and concert band music while seated in their own comfortable lawn chairs around the circle. The concert is Free of Charge. In the event of rain, it will be held Wednesday, Aug. 1st - same time and place.

This concert is the finale of an Elementary summer band program, called Tune Under the Trees, which has been sponsored this year by a Parent Committee. Each band has met separately on

WHAT CAN I DO? HOW CAN I HELP?

by Florence Moreno

Last week, I listed several groups connected with the Council of Churches of Greater Springfield, each one performing a distinct service to the deprived and underprivileged Black and Puerto Rican people of this area. Here are more opportunities to assist, also connected with the Council of Churches.

1-MATERIAL AIDS - Work with our director, Mrs. Coleman in family needs for clothing, transportation to clinics, friendly interest and concern. Call Mrs. David Coleman - 783-3675.

2-NEW NORTH Teenagers Project - Provide summer jobs and give a young person a chance to learn by working. Call Christine Williams - 736-9315.

3-MICAH - Support Micah by 1) Investing \$100 per share to support rehabilitation of dilapidated Springfield housing; - call Mrs. Hird - 525-3552. 2) Volunteer through Micah Foundation for social service. Call - 734-8239.

4-SPEAKERS ON URBAN NEEDS: Capt. Daniel S. Bryan, Urban Ministry Director - 732-2149; Mrs. Arthur H. Clarke, Maestros Amigos Director - 739-7719; Mrs. David Coleman, Material Aids Director - 783-3675; Mrs. Harry Goff, Children's Enrichment Director - 567-5216; Rev. Adolphus C. Ross, Brightwood-Riverview Minister - 733-2149; Rev. Emerson W. Smith, Council Executive Director - 733-2149.

5-MEALS ON WHEELS Mrs. Cohen - 782-2304; Mrs. Carver - 567-8316.

6-GREG SPEETER - North End Vista worker - reach him by calling Council of Churches, 733-2149.

In addition to all these, Mrs. Arrathea Matthews, who lives in Riverview project, has a list of children who would like to make friends with children in Agawam. Call her at 739-0183.

Res ipsa loquitur (it speaks for itself)

Tuesdays for six weeks in an outdoor setting at the Sacred Heart Church Pavilion, under the baton of their Instrumental Music Instructor, Mrs. Sally Lowell. Two hour rehearsals augmented this year by Sectional Rehearsals of each instrument and conducted by a staff of music teachers, have offered students a chance for instrumental achievement and summer fun through music. In addition, 56 members of the group are also combining summer private lessons with staff members and other teachers for their own personal advancement. Private Instructors on the Staff are: David Carpenter; Edward Morassi; Donald Cabra; John Lowell; David Reed; Robert Housand; Robert Gosslin; George Huba; Steve Drewniak; Cheryl Balin, Mrs. Carol Greenfield, and Mr. Darcy Davis.

15th ANNUAL 4H COUNTY FAIR

William Fearn of Feeding Hills is president of the Hampden County 4-H Fair Association which is sponsoring the 15th annual 4-H County Fair on July 27 in Mallary Arena on the grounds of the Eastern States Exposition. Other local officers of the Association are Mrs. William Yelinek of Agawam, corresponding secretary and Mrs. Joseph Dupuis, Jr. of West Springfield, treasurer.

Over 1200 4-H young people throughout Hampden County

are eligible to exhibit their past year's work and compete with their 4-H friends. The Massachusetts Department of Agriculture is cooperating in providing a portion of the prize money.

Hall exhibits will be accepted Friday afternoon, July 26, and judging will be completed that evening. Livestock will be entered Saturday morning, July 27, and judging will be going on all day. Admission is free and the public is cordially invited.

LOCAL FAMILY WILL ATTEND MUSIC CONVENTION

Mr. and Mrs. Henry Perusse and son David of Adams Street Agawam will attend the 67th annual music convention to be sponsored by the American Guild of Music at the Conrad Hilton Hotel in Chicago Illinois, July 20th through the 27th.

David will participate in the accordion and cordovox solo competitions in addition to performing with the Accordion Mart Youth Band. David has won a number of ribbons and trophies for his music making ability as a soloist and as a member of the band in past competitions held in Cleveland, Ohio, Louisville, Kentucky, Pittsburg, Pa. & Philadelphia.

He recently performed at the Hampton Beach, N.H. bandshell on Monday July 8th and is scheduled to give a repeat performance on August 5th. Other "continued on P. 2"

TENNIS LESSONS DRAW MANY CHILDREN

Francis Rosso, Director of the summer recreation program sponsored by Agawam Parks and Playgrounds announced today that close to 150 youngsters registered opening week for tennis lessons. Phelps courts led with the highest registration, High School courts were a close 2nd and Shea's courts were third in registration. Children may continue to register any day this week between 9 A.M. and 3:30 P.M. at any of the above courts. Tennis lessons are free of charge with racquets and balls furnished if needed. Youngsters must attend ten clinics to be eligible for the approaching tournaments.

Children registered at Phelps are: Lucinda Toelken, Denise Gagnier, Sue Wheeler, Donna Pugh, Lisa Barry, Cheryl Sulborski, Barbara Castellanae, Cynthia Tatro, Maureen Barry, Marcia Atwater, Patty Miller, Debbie Wheeler, Cynthia Tatro, Joan Leary, Maureen Shoemaker, Elizabeth Deliso, Cathy Andrews, Cherie St. Germaine, Patricia Carmel, Cynthia Atwater, Anne Marie Fischer, Kathy Shoemaker, Laura Shearer, Gail Manning, Donna Quigley, Cynthia Sulborski, Amy Bickford, and Lynn Moran; Boys, Glenn Tatro, Robert Messier, Robert Kelley, Richard Barry, John Davies, Don Wheeler, Pat Leary, Leslie Litmae, Tom Tatro, Doug Miller, Jeff Carmody, David Quigley, Glenn Mayo, Brian Blackak, Leo Gagnier, Mattie Bickford, Darcy Davis, Richard Craig, Keith Stanfield, Michael Leblanc, Bruce Atwater, Russell Morgan, Francis Carmel and John Demont.

High School courts: Donna DalMolan, Candy Galluci, Nancy Dutton, Susan Hamel, Debbie Reuli, Diane Stowera, Mary Conway, Tina Hamel, Jane Benerakis, Carolyn Conway, Celeste Gallucci, Alice Hamel, Laurie LaZazzera, Darlene Liquori, Lynn Morassi, Gail Bellame, Francine Morris, Mary Jane Augusti, Valerie Balboni, Nancy Ann Bonavita, Lauri Hamel, Robin Morassi, Linda Torrini, Virginia Cassidy, Rosemary Scibelli, Ann Benerakis; Boys, Mike Stefanik, Joseph Russo, Anthony Bonavita, Michael Spinelli, Scott Skolnick, Peter Spinelli, Tim Bellmac, Tom DePalo, Carlo Bonavita, Ricky Stefanik, John Bonavita, Al Desmarais, Andy Scibelli, David Lines, Ricky Gallerani, Kevin

Donavan, Bob Bellmar, Jim Gallerani, Jeff Toth, Dennis Conway, Tom Cassidy, Jeff Balboni, Ray Turrini.

Shea's courts: Susan Carey, Susan Gaudet, Patty Robinson, and Linda Gaudet; Boys, Mike Robinson, Joe Davies, Rick Brig-noli, Leo Carey, Paul Rose, Mark Brodeur, Ken Blackwood, Marc Manna, Martin Dauilli, David D'Amours, Dom Pisano, Paul Brodeur, Ricky Kelly, Chris Manna, Ken D'Amours, Doug Goudet, Art Blackwood, Tony Denning and Tim Robinson.



Human Growth Hormone

For centuries dwarfs were objects of study, curiosity and sympathy but the causes of dwarfism remained a mystery and no remedy was ever devised. Not until 1908 did the discovery of the relationship between one type of small, perfectly formed individual and an abnormality of the pituitary gland allow medical science to characterize the hypopituitary dwarf.

In 1956, human growth hormone (HGH) taken from human pituitary glands was found to stimulate growth in hypopituitary dwarfs. Modern medicine was, at last, able to offer a glimmer of hope to an estimated 5,000 to 10,000 American children dwarfed as a result of pituitary deficiency.

The main problem currently facing laboratory and clinical research related to HGH is the scarcity of the hormone. At present the only source of HGH is the pituitary gland of deceased persons. Extracts of growth hormone from animal pituitary glands are not active in man. Research has shown that one human pituitary gland provides only enough hormone for about five day's treatment of a hypopituitary child.

In an effort to alleviate this problem, the National Institute of Arthritis and Metabolic Diseases (NIAMD) supports, by contract, the operation of the National Pituitary Agency, affiliated with the University of Maryland School of Medicine, Baltimore, Maryland. The National Pituitary Agency engages in collection of human pituitary glands and provides for the distribution of purified HGH to qualified laboratory and clinical research scientists.

Research is presently aimed at determining HGH's metabolic effects and mechanism of action. Other studies are concerned with analyzing the detailed molecular structure of HGH in order to make possible its synthesis and to eliminate

"continued on P. 4"

LOCAL ITEMS CAN NOT BE ACCEPTED AFTER MON.

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THE AGAWAM NEWS, INC.

Box 128, Agawam, Mass. 01001

Published Every Thursday

Elizabeth LeDuc, Owner

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FOR ADVERTISING CALL - 732-1495

Report from THE ATTORNEY GENERAL

July 11, 1968

A.G. Elliot L. Richardson, "greatly disturbed" by complaints received by his office's Consumer Protection Division, has called upon the automatic transmission repair industry to police itself and make action by his office unnecessary.

Meeting with nearly 100 representatives of transmission repair firms and automobile dealers at the New State Office Building, Richardson said that investigations by members of his staff had convinced him that "in some cases, outright fraud is being practiced on the public," and urged transmission repair firms to join with him in protecting both the wage earner and their own reputations.

"It takes only a few dishonest operators to give an entire industry a bad name," he warned.

He said that while he was convinced that the great majority of those in the transmission repair industry were honest, "a few greedy people can ruin public confidence in an entire industry."

According to the Attorney General, members of his staff found that the practices of certain firms, who were not named at the meeting, were fraudulent.

"Frequently the consumer is charged for parts and services he doesn't require," Richardson noted.

"In addition," the Attorney General stated, "it has come to our attention that unscrupulous repair shops remove good parts from the transmission during rebuilding, in order to add to the shop's inventory of parts, and replace the good part with an inferior one."

"Such practices must and will be stopped," Richardson emphasized.

The Attorney General introduced Robert L. Meade, Chief of the Consumer Protection Division of his Department. Meade cited the new regulations promulgated under the Unfair Trade Practices Act. "These regulations," Meade said, "basically prohibit any form of misrepresentation in telling the customer anything which could affect his buying judgement."

Meade noted that after a year and one-half in the Consumer Protection field, Richardson's office has acquired considerable skill in determining when a consumer complaint is valid.

He stated, "I hope you dealers and repair shop owners will avoid any problems with the Attorney General's Department simply by operating honestly and reporting any competitors you have good reason to believe are not operating ethically."

Also present from Richardson's Department was Stephen Hollman Legal Assistant in the Consumer Protection Division. Hollman made two suggestions to the transmission repairmen to help give the public greater confidence in the industry. "First, give the customer a detailed

itemized bill, rather than one which merely states 'Rebuilt Transmission.' Second, don't perform any repairs without specific, written customer authorization."

Richardson concluded, "We consider ourselves to be working with you, not against you. We want both the Massachusetts consumer and the legitimate transmission repair shops to get a fair break."

He stated that "last year we had a similar meeting with members of the swimming pool industry, because a few greedy dealers were ruining public confidence in that industry. As a result of that meeting, the swimming pool industry acted in concert with my department to root out all questionable practices of the few offenders. Now the Massachusetts swimming pool industry is a national leader in public trust and confidence."

LOCAL FAMILY

(cont. from page 1)

future dates include Sea Isle City, New Jersey and Mittenague Park, West Springfield.

The trip will be made in the youth group's private bus accompanied by their director Mrs. Jayne M. Slate, manager of the Accordion Mart Studios.

FINANCIAL CONDITION OF THE COMMONWEALTH

Massachusetts finished fiscal year 1968 on June 30th with a cash balance in excess of \$171. million, State Treasurer Robert Q. Crane reported today.

He noted in his latest monthly report on the financial condition of the Commonwealth, that the \$125.6 million increase in state receipts for June over disbursements was reflected in the end-of-the-fiscal cash balance of \$171,226,805.81. The Commonwealth's cash balance for May was \$45,692,457.93.

Disbursements for the month of June were \$367,995,259.17, while the Commonwealth's total receipts for the last month of the state's fiscal year hit the \$493,529,607.05 mark.

The Commonwealth's bonded indebtedness was still over the one billion dollar mark at the close of fiscal year 1969, the State Treasurer lists the total bonded indebtedness of the state as \$1,046,099,000 as compared to \$985,600,000 a year ago.



WORD STUDY

"Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: ASSIDUOUS: constant in application or attention. "He was assiduous in his pursuit of an education"

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Legal Notices

COMMONWEALTH OF MASSACHUSETTS

Land Court Reg. 35627

To Marie Varelas, Rocco Stellato, and Christiana Stellato, all of Agawam, in the County of Hampden and said Commonwealth; Eugene F. James and Louise M. James, both of Longmeadow, in said County of Hampden; Catherine M. Finton, of Springfield, in said County of Hampden; Antonio Pajer, of said Springfield; Gertrude Breglio, of Whittier, in the State of California; New England Telephone and Telegraph Company, a duly existing corporation, having an usual place of business in Boston, in the County of Suffolk and said Commonwealth; American Telephone & Telegraph Company, a duly existing corporation, having an usual place of business in said Boston; Valley Bank & Trust Company, a duly existing corporation, having an usual place of business in said Springfield; and to all whom it may concern:

Whereas, a petition has been presented to said Court by Roger L. Dagleish, Jr., of Suffield, in the State of Connecticut, to register and confirm his title in the following described land:

A certain parcel of land with the buildings thereon, situate in said Agawam, bounded and described as follows:

Easterly by Cosgrove Street 100 feet; Southerly by land now or formerly of Antonio Pajer 100 feet; Westerly by land now or formerly of Rocco Stellato et als 100 feet; and Northerly by land now or formerly of Marie Varelas 100 feet.

The above described land is shown on a plan filed with said petition and all boundary lines are claimed to be located on the ground as shown on said plan.

If you desire to make any objection or defense to said petition you or your attorney must file a written appearance and an answer under oath, setting forth clearly and specifically your objections or defense to each part of said petition, in the office of the Recorder of said Court in Boston (at the Court House), or in the office of the Assistant Recorder of said Court at the Registry of Deeds at Springfield in the County of Hampden where a copy of the plan filed with said petition is deposited, on or before the fifth day of August next.

Unless an appearance is so filed by or for you, your default will be recorded, the said petition will be taken as confessed and you will be forever barred from contesting said petition or any decree entered thereon.

Witness, Elwood H. Hettrick, Esquire, Judge of said Court, this twenty-fifth day of June in the year nineteen hundred and sixty-eight.

MARGARET M. DALY, Recorder July 4, 11, 18

COMMONWEALTH OF MASSACHUSETTS

Hampden ss. Probate Court

To all persons interested in the estate of VIRGINIA PETITHORY late of Agawam, in said County, deceased, intestate.

A petition has been presented to said Court for license to sell-at-private sale-certain real estate of said deceased.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the twentieth day of August 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this second day of July 1968.

JOHN J. LYONS, Register July 18, 25, Aug. 1

COMMONWEALTH OF MASSACHUSETTS

Hampden ss. Probate Court

To all persons interested in the estate of BESSIE L. SHEPARD late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last

Will of said deceased by VALLEY BANK AND TRUST COMPANY of Springfield in the County of Hampden praying that it be appointed executor thereof without giving a surety on its bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden before ten o'clock in the forenoon on the thirtieth day of July 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-eighth day of June 1968.

JOHN J. LYONS, Register July 11, 18, 25

COMMONWEALTH OF MASSACHUSETTS

Hampden ss. Probate Court

To all persons interested in the estate of CARITA E. PIECUCH late of Agawam in said County, deceased.

A petition has been presented to said Court, praying that JOHN MICHAEL PIECUCH of said Agawam be appointed administrator of said estate without giving a surety on his bond.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield, in the County of Hampden, before ten o'clock in the forenoon on the twentieth day of August 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this fifth day of July 1968.

JOHN J. LYONS, Register July 18, 25, Aug. 1

COMMONWEALTH OF MASSACHUSETTS

Hampden ss. Probate Court

To all persons interested in the estate of FRED HABEL late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by DOUGLAS P. HABEL of Monson in the County of Hampden praying that he or some other suitable person be appointed administrator or with the Will annexed of said estate.

If you desire to object thereto you or your attorney should file a written appearance in said Court of Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirtieth day of July 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this twenty-seventh day of June 1968.

JOHN J. LYONS, Register July 11, 18, 25

COMMONWEALTH OF MASSACHUSETTS

Hampden ss. Probate Court

To all persons interested in the estate of GEORGE KERR of Agawam, in said County, a person under conservatorship now deceased.

The conservator of the property of said GEORGE KERR has presented to said Court its sixth and final account for allowance.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the twentieth day of August 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eighth day of July 1968.

JOHN J. LYONS, Register July 18, 25, Aug. 1

COMMONWEALTH OF MASSACHUSETTS

Hampden ss. Probate Court

To all persons interested in the estate of MARTHA CHMIELEWSKI late of Agawam in said County, deceased.

The executrix of the will of said MARTHA CHMIELEWSKI has presented to said Court for allowance her first and final account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the twentieth day of August 1968, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this ninth day of July 1968.

JOHN J. LYONS, Register July 18, 25, Aug. 1

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Rubbish Collection

Schedules

Fri., July 19	Rte. 5
Mon., " 22	Rte. 6
Tues., " 23	Rte. 7
Wed., " 24	Rte. 8
Thurs., " 25	Rte. 9
Fri., " 26	Rte. 10

COLLEGE STUDENTS for summer work in Agawam and other localities. P.O. Box 528-H, Westfield.



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**LETTERS
TO THE
EDITOR**



July 10, 1968

Mrs. Florence S. Moreno
Agawam News, Inc.
Agawam, Massachusetts

Dear Mrs. Moreno:

Thank you for your letter concerning federal gun controls. I appreciate your strong interest because I am convinced that Congress will pass effective legislation only if there is a massive expression of public support on this vital issue.

I strongly feel that an effective gun law must include three basic provisions:

1. PROHIBITION ON INTERSTATE and MAIL-ORDER sales of all firearms — including rifles and shotguns — except between licensed dealers.
2. REGISTRATION of all guns purchased or possessed.
3. LICENSING of all persons who purchase or possess firearms and ammunition.

The President has sent two bills to the Congress which encompass these points, and I intend to support them in Committee and on the Senate floor.

If you wish to contribute further in the effort to pass this legislation I suggest you:

1. WRITE or WIRE YOUR ELECTED representatives in Congress, supporting all three points mentioned above.
2. ENCOURAGE FRIENDS, neighbors and associates to write or wire.
3. SUPPORT THE EMERGENCY COMMITTEE FOR GUN CONTROL, a recently formed organization, headed by Col. John Glenn, Jr., to promote understanding and support of effective firearms legislation. The Committee's address is 1628 K Street, N. W., Washington, D. C.

Time is of the essence, since Congress will act within a few weeks. The polls show that over 80% of the American people want strong gun controls, and with the help of millions of Americans like yourself, I am hopeful that we can meet their wishes.

Sincerely,
Edward M. Kennedy

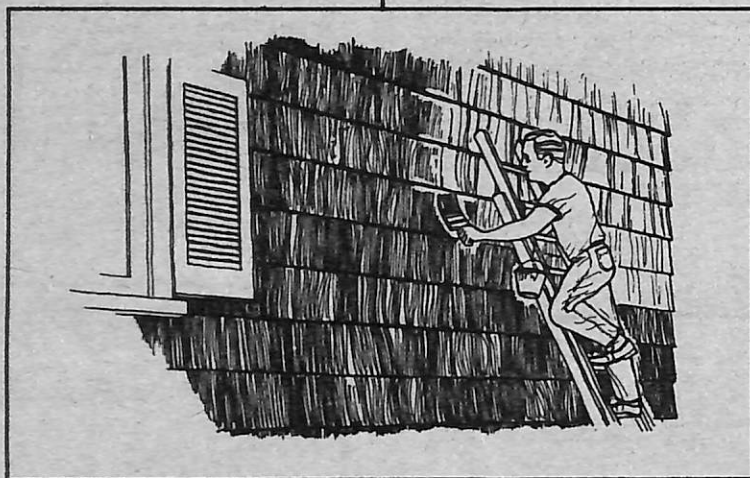
Outdoor Painting Tips

It's outdoor painting time, so begin your painting make-over with an inspection tour. Study the outside of your house thoroughly and carefully, especially trouble spots such as window and door frames and surrounding areas; bases of columns on porches and entranceways; steps, siding, downspouts, under-eave areas and anywhere moisture is likely to collect.

If excessive cracking or peeling of the old coating has occurred in these spots, removal of the paint will be

Start at the top and work your way to ground level, applying a layer of exterior house paint in the color of your choice. When using ladders to reach those high spots, keep your safety in mind. Don't overreach and move the ladder often.

The best time to paint the exterior of your home is during a relatively dry time of year. The temperature should be above 40° during the day and night. For painting the larger areas of your home use a 4" to 5 inch brush. When



necessary for a lasting paint job. Use a scraper if only spot removing is called for. Reduce the damaged surface to the bare wood and then feather the edges of the area with coarse grained sandpaper.

Your painting project does not begin with the painting, it starts with the proper preparation of the surface! All surfaces on which new paint is to be applied must be absolutely clean and smooth. Loose dirt should be removed with a dusting brush and all rust on metal surfaces should be completely eliminated with the aid of a wire brush and steel wool. Slightly roughened surfaces should be smoothed with sandpaper. If putty around window panes has cracked or loosened it should be removed and replaced. Cracks or holes around window or door frames and where different materials come together, such as joints between flashing and bricks, can be remedied with careful caulking. Check your paint dealer for the primer specifically suited for the surface to be painted, then apply it like a top coat with a brush, spray gun or roller. With all the necessary pre-painting preparations out of the way, the fun of painting begins!

Check with your paint dealer to be sure you are using the best quality coating for the exterior building material of your home. Remember—you are protecting your biggest investment.

painting such things as trim, a 1½ to 2 inch "sash" brush is suggested. Use only the tips of your brushes—not the sides. Smooth, even strokes should be used to work the paint into the surface. If you are using an oil base paint, a thinner or solvent will be required to clean up brushes or rollers when you are finished. However, if a waterbased paint is used—clean up right under the tap!

When choosing paint keep in mind that porch floors and steps are usually constructed of wood or concrete. Foot traffic on these areas is extremely heavy, so be sure to use a durable paint. Most paint stores stock special porch and deck paints that wear very well under this hard use.

The type of primer coat to use will vary according to the building material used. For example, wooden porches and steps would be primed with a thinned version of the top coat, while cement areas may need to be primed with an alkali-resistant primer. A word of caution here: always read those labels! The manufacturer knows his product best. Keep in mind that porch floors should be repainted only in warm weather and after a number of dry days for thorough drying of the wood. Once you've started your painting make-over, follow these helpful suggestions and you'll be pleased with your do-it-yourself results!



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For information call: Worcester 753-9173

AGAWAM JC/ETTES MONTHLY MEETING

The AGAWAM JAYCEE-ETTES will conduct their regular monthly meeting on Monday evening, July 22nd, at the home of Mrs. Frank Mastromatteo on Harding Street in Agawam. President, Mrs. Richard Handy, will call the meeting to order promptly at 8:00 P.M.

All members are urged to attend as final plans are to be made regarding the program on "Care of the Brain Damaged Child" to be held July 30, as well as a discussion of the family picnic set for July 28th.

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Never go beyond your limitations when swimming. Each year there are hundreds of accidental drownings caused by the failure to observe a few basic safety rules. Avoid swimming in unsupervised or unknown waters. Don't swim in cold water or immediately after eating. By doing so, you run the risk of fatigue or cramps. Never engage in horseplay in the water, such as dunkings, false cries for help, etc.



Checker Board Decor

Giant checkerboard squares—in contrasting colors to match decor—painted on a family room wall will create a vivid background to showcase pictures and provide guidelines for hanging them. The Picture and Frame Institute suggests hanging favorite prints, family photographs, needlework samples, children's drawings, or vacation snapshots. Frame separately and hang in individual squares.

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THE NATIONAL INSTITUTES OF HEALTH (Cont. from Page 1)

reliance on the hard-to-obtain natural human hormone.

Recently, identification of the chemical structure of this vital hormone was made by a scientist at the University of California whose research is supported through grants by the NIAMD. His finding marks a major advance toward understanding the several modes of action of HGH and increases the chances for its eventual synthesis in the laboratory.

Other studies using growth hormone from the National Pituitary Agency are attempting to modify chemically growth hormone from cattle so that it can be made clinically useful in man. Research by NIAMD-supported scientists at the Memorial Sloan-Kettering Cancer Center in New York City has shown that growth hormone taken from cows and modified by digestion with the enzyme trypsin, elicits in man many of the characteristic metabolic responses of human growth hormone. Further research to determine its feasibility, effectiveness and safety is now underway.

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